



Program Schedule

August 20 – August 25

Roan Mountain State Park



Monday, Aug 20

10:00 AM **Music & Mountains-** “Cultural Interpreter” Rhodyjane Meadows will be at the Visitors’ Center making music and talking about “All-Things-Mountain” until 2:00 PM.

Tuesday, Aug 21

10:00 AM **Music & Mountains-** “Cultural Interpreter” Rhodyjane Meadows will be at the Visitors’ Center making music and talking about “All-Things-Mountain” until 2:00 PM.

Wednesday, Aug 22

11:00 AM **Cloudland Community Dulcimer Circle-** Try your hand at playing a dulcimer. Opens with beginner instruction, and lasts until 12:30 PM. Meet at Conference Center.

Thursday, Aug 23

8:30 AM **Wake-Up Hike-** Don’t sleep in and miss out on the beauty of a Roan Mountain morning! Get your blood pumping and wake up with some fresh air as we take a moderate hike on part of the Fred Behrend trail, 1 mile total distance. Please wear sturdy, closed toed shoes. Meet Meg at Campground Check-In.

10:00 AM **Music & Mountains-** “Cultural Interpreter” Rhodyjane Meadows will be at the Visitors’ Center making music and talking about “All-Things-Mountain” until 2:00 PM.

2:00 PM **Land Navigation: Map and Compass-** A map and compass have long been used to help people find their way. Meet Brian at Shelter 3 to learn how to use some tools that could someday help save your life.

Friday, Aug 24

10:30 AM **Trail Safety: Poison Ivy** -If you like to play outdoors, YOU NEED TO COME TO THIS PROGRAM! Don’t wait and find out the hard way just what this plant looks like and what it can do to your skin! Come learn how to properly identify this pesky plant, as well as tips for avoiding and treating an itchy outbreak. Meet Meg at Campground Check-In.

1:00 PM **Roan Mountain Rhododendron-** Roan Mountain is famous for this beautiful bloom, but what do YOU know about it? Come learn some rhododendron facts and folklore, then make a special rhododendron craft to serve as your own souvenir of Roan Mountain State Park! Meet Meg at Shelter 3 (Campground Pavilion).

2:00 PM **Native American Weapons-** Come learn about the weapons Native Americans used to survive and then practice with one yourself. Meet Brian at the Campground Fire Ring.

7:00 PM **Kathryn and Carl Brickey-** Come enjoy bluegrass and country music by this talented young husband-wife duo. Meet Brian at the Park Amphitheater (Shelter 3 in case of bad weather).

Saturday, Aug 25

8:30 AM **Morning Yoga-** Awaken your senses and enjoy nature! We’ll prepare our minds and bodies for the day with some gentle stretches and relaxation exercises, while taking the time to contemplate the beauty of Roan Mountain State Park. Wear comfortable, loose fitting clothing and bring a mat or towel. Great for beginners! Meet Meg at the Amphitheater.

- 10:00 AM **Raven Rock Hike-** Meet Brian at the Campground Check-in for a morning hike up to the scenic Raven Rock overlook, while learning about some of Roan Mountain's native flora and fauna. Don't forget your hiking boots/shoes for this moderate 1 mile hike.
- 11:30 AM **Watchable Wildlife: Hummingbirds** - Relax amidst the flowers of the Farmstead (Roan Mountain State Park's "Hummingbird Home") as we observe and learn some fascinating facts about these high-speed hummers. They put on quite a show! Meet Meg at the Miller Farmstead.
- 12:00 PM **Flat-Footing and Fiddle FUN!**- Come get a taste of this Appalachian tradition as Warrior's Path State Park Ranger Tim Pharis plays his fiddle and demonstrates the old-time dance style known as "flat-footing." Then stick around and learn some fancy footwork yourself!! All ages encouraged to attend. At the Miller Farmstead until 2 PM.
- 2:00 PM **Land Navigation: Map and Compass-** A map and compass have long been used to help people find their way. Meet Brian at Shelter 3 to learn how to use some tools that could someday help save your life.
- 7:00 PM **2 Step-** This group will have you wanting to dance the 2-Step with their great mix of country and bluegrass. At the Park Amphitheater until 8:00 PM. (Moved to Shelter 3 in case of inclement weather.)
- 9:00 PM **Campground Campfire-** Relax around the fire with riddles, legends, stories, and s'mores! Meet Brian at the Campground Fire Ring.

*** General Announcements***

- Programs are free of charge.
- Programs are for all ages unless otherwise noted.
- For all hikes: Please wear sturdy, closed-toe walking shoes and bring drinking water.
- In case of inclement weather, live music/entertainment will be held at Shelter 3.

Enjoy yourselves at Roan Mountain State Park this summer!

